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- Meet with you privately.
- Listen if you want someone to talk to.
- Help you find counseling, a safe place to stay, or other services you may need.
- Keep records (including pictures) of any injuries.
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No one deserves to be threatened or abused.

To find help near you, call the

#### Iowa Domestic Violence Hotline 1-800-942-0333

Toll-free; 24-hour; statewide crisis counseling, information and referral

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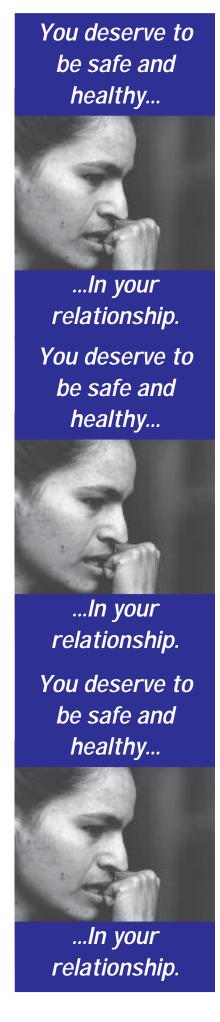
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### Is someone hurting you? Talk to us, we can help.

- Does your husband or boyfriend put you down and make you feel ashamed?
- Does he tell you what to do and who you can see?
- Has he ever threatened to hurt you or your family?
- Has he ever pushed or hit you, or forced you to have sex?

If you answered "yes" even once, your husband or boyfriend is abusive.

## Here's how you can protect yourself:

- Talk with someone you trust about what's going on.
- Call 1-800-942-0333 to find help near you or someone to talk with.
- Leave an "emergency kit" with someone you trust.
   Include money, important papers, keys, medicine, and other things you and your children really need.
- In a violent situation, avoid rooms without exits or with potential weapons, such as kitchens.
- Arrange a signal with a neighbor to let them know when you need help, such as pulling down a certain window shade.
- Discuss a safety plan with your children, including people they can call or go to in an emergency.
- Call 911 if you are in immediate danger.

## Together we can stop family violence. Is someone hurting you? Talk to us, we can help.

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